

The Electronic Systems Center's *Hansconian*

Vol. 44 • No. 22

Hanscom AFB, Mass.

June 2, 2000

Force Protection *turns concepts into real products*

by Master Sgt. Daryl Mayer
ESC Public Affairs

Need something secured? Put a cop on it.

There was a time in the Air Force when that was the common answer to just about every security need.

There were horse patrols on the perimeter of Clark AB in the Philippines, Military Working Dog teams walking around the alert bomber force and the beloved close-in-sentry who stood his post in all manner of weather at the nose of an alert bomber somewhere in the Northern tier of the United States.

But that was then, and the luxury of a well-manned force today is gone.

Today, those same cops are operating Electronic Systems Center developed high tech command and control display panels, monitoring a suite of intrusion detection sensors, thermal imagers and cameras at the control of their fingertips.

"These are technical tools designed to give our Security Forces the extra eyes and ears needed to protect the force," said Capt. Ken Butler, who works for the Force Protection Systems Program Office. "They are force enhancers."

The Force Protection SPO is the Air Force's lead agency to develop and acquire physical security systems.

"We get tasked to provide support to high value assets, both "hardware" (such as weapon systems) and "software" (people), said Jeff Thurston, deputy program director for the office.

The office works with the Air Force Security Forces Center at Lackland AFB, Texas, who sets the requirements for security products and guides the office into areas that need support, said Mr. Thurston.

Many ideas also originate at the Air Force Force Protection Battlelab, also located at Lackland.

The Battlelab is basically a think tank that uses modeling and simulation and other tools to measure the potential of innovative concepts, including the next generation of technology, to improve the protection of Air Force personnel, facilities and weapon systems.

But once the planning stage is finished, it is up to the Force Protection SPO to turn concepts and drawings into real products.

Their prime way to do this is to scour the huge commercial security industry for products. By purchasing existing products from commercial sources, the Air Force is able to save a fortune in research and development costs.

"A lot of times our requirements are more stringent," said Mr. Thurston, "but we work with vendors to help them understand and ultimately meet our requirements."

One product that grew from this process is the Tactical Automated Security System. This is a deployable system that employs sensors, thermal imagers, alarm monitors and data communications links to form a continuous electronic security envelope around critical resources.

A major success story, this ESC-developed product played a prominent role in the protection of American

—See Force Protection (page 5)

Hanscom gets 'face-lift'



by Airman 1st Class
Theresa Ide
ESC Public Affairs

In a base-wide effort to improve the appearance and quality of life on Hanscom, volunteers, both military and civilian, took part in 'I Love Hanscom Day' May 26.

Volunteers performed low cost projects at Hanscom's parks, playgrounds, surrounding dormitory areas, facilities, buildings and memorials.

The work consisted of landscaping the outside areas, repairing and painting equipment and buildings, and picking up litter.

Volunteers did not have to take leave for this event, and military participants were allowed to wear civilian clothes during the day. Those who could not take part in the activities were asked to clean up their work areas.

Col. Danny Gardner, 66th Air Base Wing commander, rakes some mulch in front of the Fitness and Sports Center during 'I Love Hanscom Day' May 26.

(photo by Linda LaBonte Britt)

Base supports first 'Bike to Work Day'

by Capt. David L. Englin
ESC Public Affairs

Several Hanscom employees left their cars at home and bicycled to work May 26 in support of the base's first Bike to Work Day.

Sponsored by the 66th Support Group, Hanscom's Bike to Work Day was part of a national effort to encourage people to use alternate modes of transportation for their daily commute to reduce pollution and traffic congestion caused by cars.

"It should be no surprise to anyone who has worked at Hanscom for more than a month or two that

vehicle traffic saturates many of the local roads and intersections during peak commuting hours," said Lt. Col. Thomas J. Schluckebier, commander of the 66th Civil Engineer Squadron. "Biking to work is a healthy alternative that helps alleviate some of the peak-hour pressure."

Bicyclists who registered ahead of time had free breakfast waiting for them at the Base Exchange and had a chance to win a variety of prizes.

"While most of the participants were military personnel who live on base, the real 'bike-to-work heroes' are those bikers who live off base

and effectively reduced Hanscom's traffic load in the local towns," said Colonel Schluckebier. "Hopefully they will start a trend that will make a significant difference."

"With the programmed move of 1,000 people from MITRE to Hanscom over the next several years, we could see additional traffic flow onto the base," said Chuck Paone, chief of community relations for ESC. "Increased bicycle use is clearly a component of the traffic reduction program we'll be implementing over the next several years, and Bike-to-Work Day is a great way to get people to start thinking about this."

Air Force leaders; getting younger every year

by Lt. Col. Thomas Breen
523rd Fighter Squadron

Cannon AFB, N.M. — Twenty four years ago this June, I sat in a place called Arnold Hall at the Air Force Academy and listened to a man named Gen. Daniel "Chappie" James.

I'll never forget his words as this giant of a man looked down upon us. "You are the future leaders of the Air Force." I'll also never forget how stupid I thought that was. I looked around at 1,300 bald heads and wondered if everyone else was as afraid as I to leave their room to go to the latrine. How could any of us be the future leaders of anything?

I spent the next eight years really learning to follow. You have to be a good follower before you can be a good leader.

Four long years at the Academy and four more working my way up to become an A-10 flight "lead." Next thing I know, I'm leading an eight-ship (formation) into Germany from England and the weather was, as usual, very bad. For the first time, I was the guy out front making the tough calls.

I was also the guy who was going to "hang" if we ran out of gas or hit a mountain. I started to understand what the good general was talking about. The way I see it, it took me eight years to really be in a position of "leadership."

Since I became a squadron commander, I think I understand this leadership idea a lot better. So I look around my squadron and try to figure out who the leaders are. Who are the guys out there motivating people to bust their hump to get a job done, making sure it is done right, and who do I hold accountable?

I first look to the people who are in leadership positions. These are the maintenance officer, operations officer, maintenance superintendent, flight commanders, flight chiefs, element chiefs, etc. All super individuals who have been around, have had some leadership training, and who you would expect to be considered leaders. And they are.

I know I have to look further. There is a lot more going on out there. I know the people training, motivating and setting the examples for all my followers are more than the people I have listed above. I know the seven minor miracles that happen every day to get a sortie in the air are not being done completely by these people. The problem is, I am out of leadership positions, and there is a lot more leadership going on.

I have a policy in my squadron — everyone who has to have a waiver to perform tasks above which they are qualified sits down with me and their supervisor, and I give them my philosophy speech. I tell them that in the "old days," airmen would never have dreamed of being waived. There would be 10 staff and technical sergeants doing this job, and they were at least a year or two too young and inexperienced.

But times are different now, and I have to depend on them to pick up the slack. We have no more staffs and techs. So, before I "waive" them to this higher level, there have got to be some things made clear. They know when they leave my office they have the authority, responsibility and duty to do what is correct, regardless of their rank. They also know they will be held as

accountable for the dereliction of that duty as if they were a noncommissioned officer.

One day during one of these interviews, I realized where the rest of my leaders are. They are two- and three-strippers who hadn't even been to leadership school! They are the guys who are doing just as I had on that snowy day in Germany. They are the ones now responsible for safe mission accomplishment.

I have spent two years as a commander wrestling with bleak experience and manning numbers. I have bounced somewhere between 30 and 60 percent manned in what traditionally are considered to be the entry-level leadership positions (junior NCOs). The fundamental requirements to get a jet airborne have not changed, while the rank of the people who make it happen has.

My new entry-level leaders are my young airmen. If General James were alive today, he

would be looking at these guys and saying, "You are leaders in the Air Force," I would be saying, "That's right, general, and they did it in only three years — it took me eight!"

The point is the balance has changed significantly in the past 10 years. We ask more of our airmen than we ever have in the past. We need airmen who understand how to follow and want to pick up leadership roles quickly. We have no room for people who are not trying their hardest.

In many Air Force Specialty Codes, we face the same problems with lack of experience. We have hit rock bottom in a lot of areas, but the Air Force will continue to do its mission. We will always fly and fight, but we will eventually take the hit in lack of training for the guys who are taking the jets into combat. They will be less trained and less proficient if we cannot generate the training sorties required. That is

where the ultimate price will be paid in jets not coming home from combat.

The people who are going to pull us through this time are not the generals and colonels. The NCOs will play an important part, but the ones who will put us back on top of our game are the airmen. They are the ones who have to step up to the plate and take over those leadership roles. They are the ones who have got to realize if they don't do it, there is no one else to do it for them, and their followers need to support them.

I know the price that will be paid if our airmen don't understand how important they have become in their leadership roles. In a fighter squadron, it could mean the loss of a jet or even a pilot.

Yet day after day, I see my maintainers rising to the challenge. I think my guys know these facts and understand what General James was talking about.

Everyone who owns a blue suit must participate in Training from the Airman's Manual

The Military Training Day will be conducted on the first Friday of every month as mandated by Lt. Gen. Leslie F. Kenne, Electronic Systems Center commander.

The training for today is:

❑ **Airman's Manual**, Section 3, Set Up -- Passive Defense, Sandbagging, Defensive Fighting Positions, Fire Protection, Field Command and Control, and Field Communications

❑ A briefing on Fire Prevention and Field Command and Control will be held in the Base Theater at 8:30 a.m. and 1:30 p.m.

❑ A demo on Passive Defense, Sandbagging and Defensive Fighting Positions will be held in the Education Center parking lot following the briefings.

Did you know ... that defensive fighting positions are constructed to provide all around cover from enemy fire and allow the defender to observe the fire upon enemy forces. It should be 6 feet long and 3 feet wide and arm-pit deep.



The Electronic Systems Center's Hansconian

The Hansconian is published by Community Newspapers, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Hanscom Air Force Base, Mass.

This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Hansconian are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or Community Newspapers of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the Public Affairs office for Electronic Systems Center at Hanscom under Air Force Materiel Command. All photos are Air Force photos unless otherwise indicated.

Submitting articles

Articles must be submitted by e-mail to Hanscom.Hansconian@hanscom.af.mil or brought in on a 3.5-inch floppy disk or a zip disk to Bldg. 1606, Room 110.

Submissions must be received at least one week prior to each Friday's publication.

Paid ads

To purchase a display ad call Jane Sheppard at 978-371-5713.

Classified ads

Hansconian free classified ads are available to anyone affiliated with the base. Ads run for two weeks.

Business and rental ads are available for a fee. Call (781) 433-7940.

To place an ad, first complete a classified ad form. Forms are available in the ESC Public Affairs Office, Bldg. 1606, Room 109.

Next, mail the form through BITC to ESC/PA, fax a copy to Theresa Feely at 3-5077 or hand-carry it to the above location. Deadline is noon Friday. For more information, call the Hansconian office at 3-3912.

Delivery problems

Call 1-800-722-1914 for problems newspaper delivery to base housing and call 3-3912 for problems with delivery to base buildings.

Hansconian On-line

Visit the Hansconian on the world wide web at www.hanscom.af.mil/Hansconian.

Lt. Gen. Leslie F. Kenne
Commander, ESC

Lt. Col. Guy Thompson
Chief, Public Affairs

Electronic Systems Center Public
Affairs Editorial Staff

Master Sgt. Daryl Mayer
Chief, Internal Information, 3-8543

Tech. Sgt. Scott Lewis
NCOIC, 3-6851

Airman 1st Class Theresa M. Ide
Editor, 3-5027

Senior Airman Jason J. Ide
Staff writer, 3-3912

Community Newspaper Company
150 Baker Avenue Ext., Suite 305
Concord, Mass. 01742
News copy 781-377-3912
Display Advertising 978-371-5705
Classified Advertising 781-487-SELL

Hanscom conducts annual ORM training

by Lt. Col. Terry Kennedy
ESC Safety Office

Hanscom continued its implementation of the Operational Risk Management Program recently by conducting its annually held Level 1 ORM training course at the Hanscom Education and Training Center.

Approximately 30 selectively chosen personnel from Hanscom and its geographically separated units received the training this year.

Operational Risk Management is mandated by AFI 91-213 and is a logic-based, common sense approach to making calculated decisions on human, material and environmental factors before, during, and after Air Force mission activities and operations, i.e., on and off the job.

It enables commanders, functional managers, supervisors and individuals to maximize operational capabilities while minimizing risks by applying a simple, six

step systematic process, appropriate for all personnel and Air Force functions.

Level 1 training is a five-day course consisting of extensive training in the six-step ORM process and tools available in AFPAM 91-215.

It is the highest level of ORM training available and the course is taught at Hanscom only once per year.

The attendees were selectively chosen by various organizations on Hanscom and are now the experts and facilitators on the subject since graduating.

To date, over 2,700 Electronic Systems Center personnel have completed the basic ORM introductory training course available on the ESC Centernet, and approximately 58 personnel will be trained to a Level 1 status at the completion of this course.

For information concerning ORM and its benefits call 3-5924.



courtesy photo

"I do solemnly swear or affirm ..."

Lt. Gen. Leslie F. Kenne, Electronic Systems Center commander, swears in ROTC cadets during a joint commissioning ceremony held at Norwich University in Northfield, Vt. General Kenne's address to the cadets focused on Kosovo, company grade officers in action and leadership during her visit.



photo by Linda LaBonte Britt

Taking command ...

Brig. Gen. Ted M. McFarland, vice commander of Electronic Systems Center, passes the guidon, to Capt. Scott A. Guidry, symbolizing the change of command for the Band of Liberty. The ceremony was held in front of ESC Headquarters May 26. Former commander Maj. Alan C. Sierichs is moving to the Air Force Band of Flight at Wright-Patterson AFB, Ohio.

Base seeks comments

by Tom Best
Installation Restoration Program

Hanscom is accepting formal public comments on the proposed plan for the cleanup of Operable Unit-3/Site 6 Landfill (Superfund Site).

The public comment period runs from May 26 through June 26.

Hanscom, the U.S. Environmental Protection Agency Region I and the Massachusetts Department of Environmental Protection will hold a public meeting and hearing June 20 to discuss the proposed plan.

The public meeting and hearing will begin at 6 p.m., at the Sheraton Lexington Inn, 727 Marrett Road, Lexington, Mass.

A posterboard session will precede the informational meeting and public hearing.

The proposed plan identifies Hanscom's preferred remedial alternative which includes the following: the permeable cap of landfilled areas; wetland hotspot removal and replication; removal of waste from neighboring property; institutional controls; groundwater compliance boundary; annual surface water and groundwater monitoring five-year reviews.

After the comment period ends, Hanscom and EPA, in consultation with MADEP, will consider all formal comments received during the public comment period prior to making the final decision for the site.

The final choice, which may differ from the above based on comments received, will be issued in a signed record of decision.

For information, or to submit written comments, please contact: Tom Best, Installation Restoration Program manager, at 3-4495.

ESC sergeant wins award

The Air Force Sergeants Association Chapter 161 at Hanscom honored Staff Sgt. Kenneth S. Bartlett as the AFSA Division 1 Junior NCO of the Year for 2000.

AFSA Division 1 comprises over 8,000 enlisted active duty, reserve, guard and retired Air Force members across 17 Chapters in the New England area and New York State.

Sergeant Bartlett is the Electronic Systems Center Executive Services NCOIC and has demonstrated superior leadership, exceptional administrative skills and ceaseless dedication to the Air Force mission, according to Senior Master Sgt. Karl Van Biene, Air Force Sergeants Association.

Sergeant Bartlett's outstanding



Staff Sgt. Kenneth Bartlett

duty performance along with his involvement in AFSA Chapter 161 earned him the distinction as the AFSA Division One Junior NCO of the Year.

Classified ads available online

Authorized personnel can now submit free classified ads for publication in the Hansconian online.

In the past, anyone who wanted to submit an ad had to either fax in the request or come to the Public Affairs office in person.

Active duty or reserve military members, civilian employees assigned to Hanscom, their immediate families and military retirees in the local area are eligible for the service.

Customers can access the service by going to the Hansconian online web site at www.hanscom.af.mil/hansconian.

Ad submissions cannot exceed 80 characters, including spaces.

The entire form must be filled in to ensure the office has all the necessary information to process the ad request and to verify that the customer is authorized the service. Incomplete submissions that cannot be verified will be discarded.

The ads are offered as a free service by Community Newspapers and are printed on a space available basis.

For information about submitting classified ads, call the Public Affairs office at 3-5191.

Center selects Magnone as staff director

by Kevin Gilmartin
ESC Public Affairs

Col. Joseph Magnone is the new Electronic Systems Center Staff Director, replacing Col. Steven Sheldon, who has retired.

As staff director, Colonel Magnone is responsible for a broad range of policy, resource and personnel management, operations and acquisition duties in support of ESC. He directly supervises the Protocol Office, Public Affairs, Commanders Action Group, Small Business Office, the Band of Liberty, History Office and Safety Office.

Colonel Magnone is a career Contracting Officer with over 20 years of contracting experience, including systems, logistics, base level, major command, staff and Pentagon positions. In his last assignment, Colonel Magnone served as chief of the Contracts Division at the Joint STARS Program Office where he was responsible for

multiple contracts valued at over \$5 billion.

"It was tough leaving Joint STARS, where, in my view, I had the best team of contracting professionals in the Air Force. I am honored that General Kenne picked me to be her staff director and am looking forward to serving honorably," he said.

"My focus in this position will be to make this a world-class commander's staff, and to make sure that our two-letter directors know that the staff is here to support them as well as General Kenne and General McFarland," said Colonel Magnone. "We will be working hard to improve our processes on everything from performance reports to our award suspenses, to ensure information flows in and out of the command section quickly and effectively."

A self-described "gym rat," Colonel Magnone enjoys participating in intramural basketball, softball and golf. He is a member of the base intramural basketball champion

JS/GA team.

"I believe it's important to take part in physical activities with you unit, for both fitness and team-building reasons," the colonel said. "People will see me around the base playing one sport or another. I encourage everyone to take the time out of their day for physical fitness."

Colonel Magnone is a native of Weirton, W.V.

He earned a Bachelor of Science Degree in Business Administration from West Virginia University in 1974 and a Master of Business Administration from Troy State University, Ala. in 1982.

He was commissioned a second lieutenant upon graduation from the Reserve Officer Training Corps program at West Virginia University in 1974.

He is a certified professional contracts manager with the National Contract Management Association.



Col. Joseph Magnone

Retention initiatives to address airmen's key concerns

by Tech. Sgt. R.R. Getsy
Headquarters, United States Air Force

Washington — The Air Force is continuing its "war" on retention challenges by responding to concerns from the field on issues ranging from better communication from the top to retraining and TRICARE.

Using feedback from focus groups across the Air Force, a retention summit culled 19 initiatives from an initial pool of 89.

"The summit, which first met in January, identified 89 initiatives. We then held focus groups at 11 bases stateside and in Europe addressing these and other general issues," said Lt. Col. Jan Middleton, chief of retention policy, personnel.

Another summit took place in April and, based on feedback from the focus groups, the top initiatives were briefed to senior Air Force leadership earlier this month.

"We are extremely pleased with the work of the two summits. They came in ready to make a positive difference for our men and women and I believe they did," said Lt. Gen. Donald L. Peterson, Air Force deputy chief of staff for personnel. "The Air Force members and their families who participated in our focus groups provided great feedback and the summit participants focused their efforts on what our folks said they needed as well as what could make the biggest impact."

"We learned people were primarily concerned about issues such as TRICARE, spouse employment,

retraining, and lack of communication from leadership," Colonel Middleton said.

"One of the complaints from people in the field is 'we don't know what's going on — tell us the truth,'" she said. "This perception is one the Air Force hopes to overcome with enhanced communication from the top down."

"The overarching theme throughout this whole process is communication," she said. The field needs to know what's going on and why. Communication is a top initiative, the colonel said.

"One way we are addressing this is through doing a better job of providing commanders information that can then be relayed to the troops," she said. "We're finding that many commanders don't know how to get to the available information. We need to make it more accessible to them by way of commander's call topics and other sources."

Another initiative she believes will help improve the flow of communication is the retention toolkit.

"This is a major initiative which will basically be a one-stop source for people to access the latest and greatest on retention information," Colonel Middleton explained.

The toolkit will be an online service, maintained by the Retention Operations Office at the Air Force Personnel Center. "It will be a place for commanders, supervisors and career assistance advisors to get the latest retention information for their people," she said.

The retention operations office, which is standing up now, will be

responsible for ensuring the most current information is available to the field and on the web. The AFPC home page will provide a link to the site, which is expected to be online by the end of the fiscal year.

"People will be able to go to this site to learn the latest information on pay and benefits, reenlistments and retraining programs — anything that pertains to their career," Colonel Middleton said. Wing commanders will also be able to access the latest metrics on retention trends at their particular bases.

Another benefit the toolkit will offer is desktop materials, such as a pamphlet supervisors can give to first-term airmen describing the benefits of being in the service.

In addition to addressing communication concerns, Colonel Middleton said integrated process teams are being formed to review another three initiatives targeted at the noncommissioned officer retraining program, enlistment bonuses coupled with the enlisted pay structure and educational benefits.

"There's some consternation with some people about the retraining program," she said. "Some feel the program doesn't serve their needs and there's unhappiness from folks who are forced to retrain into something they don't want. So, we are bringing in some users from the field to help with a "Red Team" process review and get their input."

Of the 19 recommended initiatives, 11 received unconditional approval. The remaining eight were either deferred awaiting more information or generated an

additional tasking.

"Many of these initiatives will happen quickly and others, such as those being reviewed by the IPTs, will take time," Colonel Middleton said. "But we want people to know that we are listening and this is an opportunity to formalize their concerns, take action on them and get the word back out to the field on what is being done."

Listed below are a few of the 11 approved initiatives:

□ A Retention Toolkit created to give commanders and supervisors ready access to pertinent information and material relative to retention.

□ Career advisors: Establish full-time career assistance advisor positions at all bases. Advisor will be the focal point of contact for commanders, supervisors and first sergeants for all matters concerning retention and benefits.

□ Childcare: Funds will be allocated to partially subsidize childcare at on-base licensed homes. Program will allow for extra hours when active-duty members are required to work longer hours, on weekends and in the evening to support inspections, deployments, exercises, etc.

□ Air Force history: Initiative to emphasize history and tradition and develop a campaign to publicize the program.

□ BAH: Initiative to continue supporting Defense Department's proposal to provide for 100 percent basic housing allowance benefits.

□ IPT to conduct a comprehensive review of all tuition assistance and Montgomery GI Bill proposals.

□ IPT to conduct a review of the enlisted bonus program and pay structure.

□ Support unified legislation and budgeting initiative to give a tax break to working spouses when military member is transferred overseas

Some of the remaining initiatives that will be implemented in part or deferred awaiting results of ongoing tests and research are:

□ TRICARE: Surgeon general will review training and education program of patient advocates assigned to medical facilities as well as educate the people on the patient advocate's role.

□ Spouse employment: Plan to expand and publicize spouse employment programs available through family support centers.

□ Pay: Continue to push for improved enlisted pay.

□ Competitive sourcing and privatization: Keep the field informed on what is being done regarding CS&P and Air Force specialty codes affected.

□ End strength requirements: Initiative to press for funding to meet authorized end strength levels and adjust to mission requirements.

"We will continue to focus our efforts on retaining our people," General Peterson said. "Every single person wearing the Air Force uniform is critical to mission success and we need to ensure they are taken care of. We are very positive about the future of the Air Force and that our men and women will continue to serve in the manner that makes our Air Force the best in the world."

Force Protection (from page 1)

forces during the recent conflicts in Albania and Bosnia. It has been adopted throughout the Department of Defense and is now being used around the world.

In addition to military installations, there is one example where TASS is being used to protect a portion of a civilian airport that is used as a troop processing point. Without this system, thousands of lives would be at a much greater risk of terrorist attack, according to Captain Butler, who is the TASS program manager for the office.

The office also acquired the Weapons Storage and Security System, which secures high value weapon systems in underground vaults and the Advanced Entry Control System, using magnetic card readers, pin pads and biometrics to ensure positive entry controls into secure environments.

After products have been identified, they go through rigorous testing at ESC's Site C-3, a mock base built at Eglin AFB, Fla.

"We can integrate new equipment into the existing systems (installed at the site) and test it with the other sensors and annunciators under normal conditions," said Mr. Thurston.

To act as another step in the evaluation process, the office employs eight career Security Force personnel to work along side the acquisition folks and give real-time feedback based on their field experiences, something that Lou Stamas, information manager

for the office, credits with the high level of success of the office's programs.

The office has also drawn upon the operational expertise of Hanscom's 66th Security Forces Squadron, most recently during the development of a prototype situational awareness tool for Security Forces commanders.

Once deployed, the office's work with a particular product does not end.

"There are active upgrades going on to incorporate cutting edge technology to enhance our products," said Mr. Thurston, "such as adding a video motion detection capability to TASS."

Planning for upgrade of another office product, the United States Air Forces in Europe Flightline Security Enhancement Program, is currently underway.

The system combines a thermal imager and camera on a pan, tilt and zoom mount high atop a tower to give one individual almost 360-degree surveillance of flightline areas. The upgrade project will link the system to a sensor field so when an alarm activates, the camera will automatically zoom in on the area.

"That way anyone attempting to approach the area would be detected and immediately assessed," said Mr. Thurston.

At that point, a response force is directed to the scene to intercept the intruder before he can reach his objective.

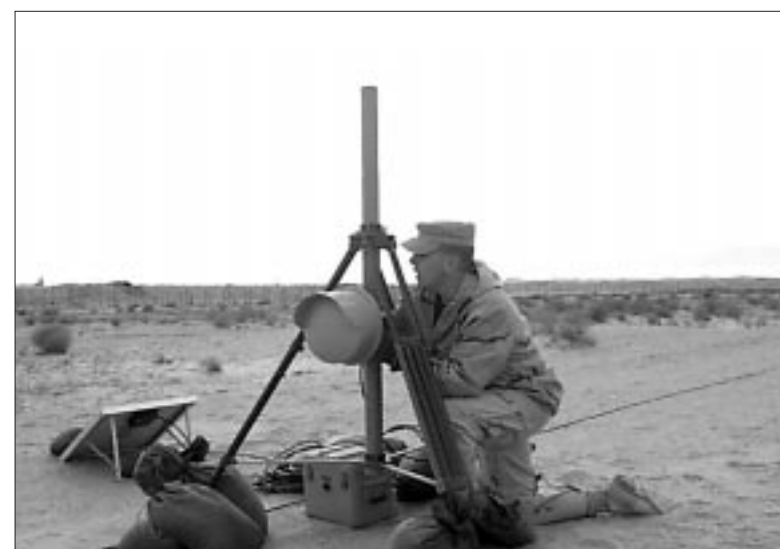


courtesy photos

(Top) A tower-mounted thermal imager and camera provides capability for day and night surveillance. **(Middle left)** A Tactical Automated Security System microwave sensor employed at aircraft parking area. **(Bottom right)** A Force Protection member aligns a TASS microwave sensor in South West Asia.

In addition to upgrades, the office provides post-deployment logistical support for many products through the Cryptologic Systems Group, an ESC geographically separated unit located at Kelly AFB, Texas.

Although the ultimate results are the same, the Air Force has come a long way from the days when there was a cop on every 50 feet of fence.



Red Sox roll in week-three with two victories

by Tom Shaw
Red Sox

The Red Sox defeated the Yankees 12 – 6 in Hanscom Little League (Major League Level) play May 17.

Starting pitcher Dusty Waller kept the Sox in the game for three and a third innings striking out six while giving up five runs on five hits.

Both sides rallied for three runs apiece in the first, neither tallied in the second. In the top of the third the Yankees' Franky Chapa ripped a double into the gap and scored on a pair of Sox errors, Yankees 4, Sox 3 after three.

The Yanks got another score in the fourth when John Miller doubled and eventually scored. That was all for Sox starter Waller. Matt Moen came in to pitch with one out and faced three Yanks.

Eric Butler threw out a runner going into third for the second out and Moen gloved a

come-back popup to end the fourth.

The Yankees unraveled in the bottom of the fourth giving up one hit, four walks and two hit batsmen resulting in six Sox runs eventually giving reliever Moen the win. Yankees 5, Sox 9 after 4.

Hot hitter Chapa handled Moen's first offering for a double then scored on a fielder's choice. After the third batter walked, Manager Kris Elders went to hurler Brian Shaw to close. Shaw struck out John Miller to end the top of the fifth. Yankees 6 Sox 9.

Moen lead off driving a fly ball into the right center gap then hustled into second. Shaw singled driving in Moen.

John Whitman singled driving in Shaw who had stolen second and advanced to

third on a passed ball. Marqui Brice completed the offensive picture with a single scoring Whitman who had advanced on two wild pitches.

Manager Kris Elders awarded Dusty Waller the game ball for his pitching and his three hits, a run and a walk. Finals score Yankees 6 Sox 12.

In another game May 20, the Sox again played terrible hosts defeating the Acton-Boxboro Orioles 5 – 1.

Sox pitcher Brian Shaw threw four innings with only one hit and one run while recording eight strikeouts and walking one.

The O's only tally came in the first when a run scored on a passed ball after

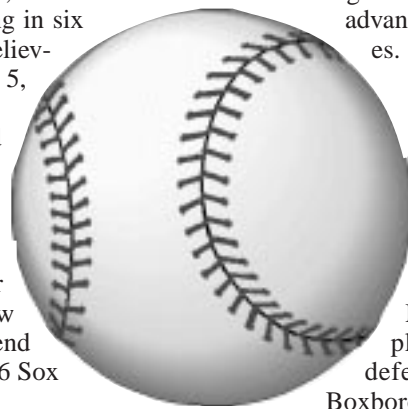
the leadoff man singled and the number two batter walked.

The Sox tied the game in the bottom of the first when Moen's sacrifice fly allowed Waller to score.

The rest of the day's offense came in the bottom of the second. Leadoff man Waller was again three for three on the day, scoring two runs and driving in two more. Number two hitter, Joe Russo had a hit and an RBI. Moen had a sacrifice fly, a hit and an RBI in the three hole. Shaw had a hit and scored. Barry Grant was one for one, scored and drove in a run. Brice walked and scored.

Waller closed with two innings of 2-hit, 2-strikeout relief on the mound.

After a quiet Memorial Day Weekend, the battle between Acton-Boxboro and Hanscom heats up again Saturday with the Hanscom Yankees hosting the A-B Cardinals at 9 a.m. Then the Hanscom Red Sox host the A-B Dodgers at 12:30 p.m.



DOD, Yahoo! team up to offer 'fantasy careers'

Washington — The Air Force is offering entrants in the Yahoo! Careers "Fantasy Career in Today's Military" contest a chance to shadow an F-15 fighter pilot, fly in an F-15, meet a jet maintenance team, and train in aircraft armament.

The Department of Defense, in cooperation with Yahoo! Inc., announced an awareness initiative May 18 that will allow Internet users the opportunity to experience a "day in the life" of an airman, as well as a soldier, sailor, Marine and a Coast Guardsman.

"This is an opportunity to use a growing medium — the Internet — to creatively raise awareness of the adventurous and challenging careers available in today's military," said Vice Adm. Patricia Tracey, deputy assistant secretary of defense for military personnel policy.

The "Fantasy Career in Today's Military Contest" gives applicants 18 years or older a chance to spend up to five days with one of the military services. Each of the services will select a winner.

"We all have fantasy jobs we'd love to try on,"

said Tanya Singer, Yahoo! Careers producer. "Yahoo! Careers" is offering people an opportunity to experience a job they might not otherwise have considered, and in this case, experience a job they've only seen in the movies."

Although recruiting efforts are doing better this year than last, Admiral Tracey said the Air Force has only reached 83 percent of its recruiting goals this fiscal year.

Contest applicants must complete an official entry form and submit an essay and resume through the "Yahoo! Careers" home page. The contest will be launched May 20 to coincide with Armed Forces Day, and will last through the Fourth of July.

The contest is open to U.S. residents, and winners will be announced in early August. The fantasy military careers will be conducted between Aug. 31 and Sept. 30.

Each branch of service will review entries by civilian applicants to select its "Fantasy Career" winner. Complete contest details are available on the "Yahoo! Fantasy Careers" Web page.

Mandatory card eases travel, saves resources

by Master Sgt. Darrell Lewis
AFMC Public Affairs

Wright-Patterson AFB, Ohio — After a 60-day delay to work out details, mandatory use of the Department of Defense's government travel card went into effect May 1 for service members and many government employees.

Bank of America is under contract to provide a VISA® charge card to military members and government employees for use for certain expenses while traveling on official business. Mandatory use for government civilian employees in bargaining units will soon follow after union and administrative details are resolved, finance officials said.

One of the benefits of doing business this way is to move toward the new Defense Travel System, a DoD-wide "paperless" finance system estimated operational worldwide by 2001. Once this happens, travel expenses must be charged against the GTC through the automated system.

As more travelers use the card, the government will save millions of dollars in administrative costs associated with providing cash advances. The government also receives cash rebates, which are returned to DoD travel accounts.

Not an 'onerous' program

Some of those currently without the card — or being required to have one — have expressed discontent with enforced use of the card to pay for official travel-related expenses for temporary duty. On the contrary, a veteran of the program's history said, not only is the military travel system getting better, it's getting easier.

During four years at the Pentagon as director of budget operations and personnel with the office of the Assistant Secretary

of the Air Force for Financial Management and Comptroller, one of Maj. Gen. Everett G. Odgers' additional duties was Defense Travel System program manager. In this role, he researched and examined the best ways to implement a program that would make travel easier for those called to duty all over the world.

More recently Air Force Materiel Command comptroller since October, General Odgers is watching implementation of the evolved system throughout AFMC and DoD with particular insight. "We humans dislike change, because change is uncomfortable," he said, "but I don't think the mandatory travel card is an onerous thing."

The general said as the DTS was initially conceived, its architects realized a mandatory travel card was needed for everyone. "We recognized that individuals, in order to make and confirm airline reservations, hotel reservations, car reservations ... and have them stick, were going to need a card or some means to say 'I've got money.' And really the only safe and efficient way to say that is through a plastic card."

Convenience, efficiency

There are approximately 15 million locations around the world that accept VISA® with more than 120,000 ATMs in 120 countries, allowing easy access to cash advances and local currency. Other benefits include extra insurance for travel-related use, and travel and emergency assistance.

The general said while participating in prototype travel programs, he has long seen the rationale behind the simplicity of a travel card. "The whole process was a smarter way to do business, and it was a culture that was very much a part of our everyday life

in America, which was to have a plastic card to get things with. And it's becoming more a part of our life.

"The GTC synergizes that process," he said, "because with (paperless) programs, you sit there and make your travel reservations yourself, and they pass through authorization officials who review it and make certain that you haven't exceeded your allowances. At the same time, it's creating your itinerary.

An evolving aspect of DTS payment — examined in prototype programs and available at all Air Force bases — is split disbursement. The system will split the payment between the traveler and the travel card company. It will pay authorized charges to the credit card company and the balance to traveler's bank account within 72 hours.

"When you come back from TDY," General Odgers said, "you might have to add on some official phone calls, a parking fee or a mass transit fare. You just add those into your itinerary and your voucher's already built. It then goes to the authorization official, then is forwarded electronically for payment action."

Misuse, disciplinary concerns

"What we're looking at now, by saying that card use is mandatory, is making certain that travelers get paid on time, so they don't have interest penalty payments or end up on someone's delinquency list. That's very important."

Even so, there is the immediate concern about people being punished for misusing the card or for not paying their card bill, General Odgers said, adding that while disciplinary actions are at commanders' discretion, there are provisions for commanders to implement preventative control over cards on a case-by-case basis.

"If you have a squadron of young airmen," General Odgers said, "and you are concerned about their financial welfare — which you should be if you're a commander — then you have every right to hold their card, and give it to them only when they travel. With the new travel card, the bank can even control the amount of money the individual can spend on that card."

While filling out the account setup form, those required to get a card have the option of applying for either a standard card or a restricted use account. With a restricted use account, applicants may decline disclosure of credit reports.

General Odgers said restrictions within the program are not meant to treat people as if they're incapable of doing their own business. "It's a mechanism to help them be certain that while they're out there traveling with their card, they don't get themselves into trouble through a lack of understanding of how it should work or what they can actually get out of it, which can ultimately affect the mission, and even their career."

This requires a bit of discipline and taking responsibility, he said. "What we have to do is be certain that the young folks — and a lot of the older people — understand how to use it, and why they have it in their pocket. When they go out TDY someplace, they should know they can't charge everything in the world to it, unless they're prepared to pay for it when they come home. And if they're not careful, they can charge things to that card that they won't be paid for, that will not be in their TDY allowances."

Manpower, budget savings

It is true that the Air Force has had a variety of experiences with

travel cards, all the way back to the Diners Club cards in 1983, General Odgers said. "It didn't do very well in the beginning, but then as we got into 1990, and we started to reshape the Air Force and draw down the number of people after Desert Storm, it became obvious (with longer waits for payment) that we couldn't support the large financial management infrastructure needed to manually process travel vouchers for payment.

General Odgers said the other benefit of a more efficient system is that the government does not have to keep huge amounts of money on hand to pay advances or vouchers any longer. "The more money you have out in the system, then the more money the government may have to borrow; hence the interest rates go up and the more we pay. As taxpayers, we should all be concerned with that."

98 percent success rate

General Odgers said while many do tend to focus on perceived negative aspects of mandatory card use, thousands of people have been using it very effectively. Of over 400,000 cards now in the Air Force, only about two percent of the accounts are delinquent.

"That's a pretty small number. So, that means there's 98 percent of the people out there who have a card who are either not using it very often, or they are using it correctly, and it has not caused them a problem," he said.

General Odgers said this proven track record and the many conveniences promised by the new travel card and Defense Travel System are cause to look for further success. "We're still improving the travel office, he said, "We've got a ways to go; but we're getting there."

Congress proposes GI Bill benefit expansion, open season

by Staff Sgt. A. J. Bosker
Air Force Print News

Washington — A current congressional proposal would expand the total Montgomery GI Bill benefits for service members from the current 36 month total of \$19,296 to \$25,920, according to Jim Sweizer, chief of the Voluntary Education Branch, Directorate of Personnel Force Development, Headquarters

Air Force. The proposal, if voted into law, would increase the basic benefit for full-time students from \$536 per month to \$600 per month beginning Oct. 1, 2000, Mr. Sweizer said. By Oct. 1, 2001, the benefit would increase to \$720 per month. Additionally, part-time students would also see a proportional increase. The intent of the Mont-

gomery GI Bill is to help veterans continue their education, according to Mr. Sweizer. To achieve this, the proposal would also provide service members who are still enrolled in the Veterans Educational Assistance Program another opportunity to convert to the Montgomery GI Bill, he said. “Almost 19,000 Air Force members were denied conversion to the GI Bill in 1996 when

they were first offered the option to convert,” he said. “Most were denied because they had no money in their VEAP account. Under VEAP, once you made a \$25 contribution, you could withdraw your investment and pay into the account at a later date. The government would then double any money, up to \$2,700, paid into the account. The way the law was written in 1996, those who had

withdrawn their money were not permitted to convert to the Montgomery GI Bill.” Servicemembers who choose to convert from VEAP to the Montgomery GI Bill will need to pay \$2,700, Mr. Sweizer said. In addition to continuing education, the new proposal would permit the Montgomery GI Bill benefits to pay fees for civilian occupational licensing or certification tests, he said.

Sergeant flies high in CAP

by Staff Sgt. Claudette Hutchinson
319th Recruiting Squadron Public Affairs

Many young men and women dream of being an Air Force pilot. And although this person didn’t become an Air Force pilot, that didn’t stop him from fulfilling his dream of being a pilot and being in the Air Force. He is Tech. Sgt. William J. Kirkpatrick, Senior Liaison Non-Commissioned Officer, Military Entrance Processing Center, Springfield Mass.

Sergeant Kirkpatrick decided to take a different route to the friendly skies—with the Civil Air Patrol. For a half century this volunteer force, which serves as the civilian auxiliary of the Air Force, has carried out noncombat missions including inland search and rescue missions within the continental United States. The Air Force coordinates these missions and the CAP carries out 85 percent of the searches.

Sergeant Kirkpatrick said about a year ago while at an air show he visited the CAP information booth and inquired about their eligibility requirement. As a civilian trained pilot, he liked what they offered and decided to become a volunteer. “Anyone can join,” Sergeant Kirkpatrick explained. “They mirror the Air Force. They adhere to the same dress and appearance standards, drills and ceremonies and all the Air Force regulations.” He said he thinks this would be an excellent opportunity for Air Force members, especially recruiters, to volunteer.

“This would help to get active duty members involved with the youths—youths with obvious interest in the military,” Sergeant Kirkpatrick emphasized. “This would benefit the recruiters, the Air Force and the CAP organization.” It would show support for their communities, and support cadet programs. An active Air Force presence can provide positive role models for the cadets.

Sergeant Kirkpatrick has already accumulated over 3,300 flying hours flying with the CAP. He flies during search and rescue missions, and performs cadet orientation flights. “In a life or death situation, you fly until the mission is complete or the search is called off,” he explained. However, if he just wants to take to the friendly skies during his off-duty time, one of his benefits allows him to rent the airplanes — at a reduced rate—for up to four hours a month.

“This is the best kept secret,” he beamed. The CAP also offers pilot training he said. And as Sergeant Kirkpatrick continues to fulfill his duties as the top Senior Liaison Non-Commissioned Officer for the number one MEPS in the nation, he still manages to keep his sights set on the wild blue yonder. True, he may not be flying an F-16 or F-15; however, he is flying for the Air Force — as an “auxiliary.”

Hanscom Wives' Clubs Award scholarships

by Ann Phillips
Officers' Wives' Club

The eighth Annual Hanscom Wives' Clubs' Scholarship Awards night was held Monday at the Hanscom Officers' Club.

During the event, 16 military dependent high school seniors and four military spouses were honored with scholarship awards ranging from \$1,000 to \$3,500 toward their education.

"These merit-based scholarships are a culmination of hard work and accomplishments of these well-deserving students, and it is very exciting to watch their faces as we hand them their scholarship certificates," said Lois LaFleur, Enlisted Wives' Club Scholarship chairperson.

"Ours is a unique program as each applicant must demonstrate qualities of responsibility, leadership, scholastics, citizenship and diversity of interest all within their application," stated Dianne Popik, Hanscom Officers' Wives' Clubs Scholarship co-chairperson. "We go to great lengths to ensure fairness to each and every applicant."

Selection of each applicant is made by a panel of impartial judges where student anonymity is preserved. The judges evaluate candidates on their community involvement, written essay, letters of recommendation, school transcripts and standardized test scores.

This marks the 22nd year that Judge Andrew Hodyke has been donating his time to this worthy cause.

Mr. Hodyke said, "I first started judging for the Enlisted Wives' Club, but when the two clubs combined forces eight years ago, I felt this was a great opportunity to reward so many more deserving students."

The combined efforts of Hanscom's Enlisted and Officers' Wives' clubs raised over \$35,700 this year in contributions and fund-raisers to support these scholarships.

Countless volunteer hours went into making this year's program a success and couldn't have been accomplished without the dedication of the two wives' clubs pooling their resources. Each year's ceremony is a reaffirmation of the rewards of the countless hours of volunteering.

A great deal of thanks also goes to the private organizations

that generously contribute to this program.

The Paul Revere Chapter of the Air Force Association sponsors several scholarships including the top award, the Chief of Staff Scholarship, which was awarded this year to Evan Downey, son of retired Maj. David and Diane Downey.

The North Suburban Chamber of Commerce and Military Affairs Council sponsors the Lt. Gen. Chubb award which goes to an engineering student. This year, Andrew Obusek, son of Col. John and Christine Obusek received the Chubb award.

Stephen Winchester, son of retired Tech. Sgt. Edward and Gale Winchester received the USPA/IRA scholarship.

The Carmen Schipper Memorial Award, given in commemoration of past OWC president Carmen Schipper, was awarded to the top spouse recipient, Rebecca Gillman.

Other contributors are: Price Waterhouse Coopers LLP, Armed Forces Communication and Electronics Association, Association of Old Crows, Company Grade Officer's Council, National Military Intelligence Association, Air Force Sergeants Association, and Mr. and Mrs. Roger Corey.

High school senior recipients and their colleges: Kevin Baxter, University of Florida; Jonathan Cole, Rhode Island School of Design; Alyssa Cruikshank, Rensselaer; Mark Curran, University of Connecticut; Craig Donaldson, Bentley College; Evan Downey, University of Tennessee; Megan Ellis, Simmons College; Pranitan Kulhom, University of Massachusetts at Amherst; James Lawrence, University of Massachusetts at Amherst; Jan Liechty, Brigham Young University; Katherine Litchfield, Elon College; Andrew Obusek, University of Delaware; Michael Poston, Johns Hopkins; Amity Smith, Auburn University; Natalie Wiener, Fitchburg State College and Stephen Winchester, University of Massachusetts at Amherst.

Military Spouse Recipients and their colleges: Karen Andrews, Middlesex Community College; Mark Bradshaw, Hesser College; Rebecca Gillman, Massachusetts College of Pharmacy and Amy Pulliam, Western New England College.

Air Force announces selections for captain

by Senior Airman Jason J. Ide
ESC Public Affairs

The captain selection board convened at Randolph AFB, Texas, March 27 and selected 3,058 officers for promotion to captain including 84 served by Hanscom.

The promotees are as follows:

From the 66th Air Base Wing: Jerry M. Brooks, Cory M. Larsen, Seong M. Monahan, Stephen Casimir and Bridget E. Ward.

From the Electronic Systems Center: Timothy M. Boyle, Brett A. Bush, Mark A. Daly, Mauree Milligan, Pete Modigliani, Dustin G. Tyner, Daniel J. Zehner, Steven Heighton, Leigh G. Johnson, Christopher McDaniel, Eric E. Morgan, Bradley J. Lucas, Robert B. Apple, Brian Clifford, John E. Dukes, Jr., Nicholas A. Harris, Marshal Malhoit, Morgan Mitchell, Mark A. Nolley, Michael Rosenbaum, Daniel W. Smith, Jose Loreto T. Aquino, Dennis Baniewicz, Anita M. Edmonds, Timothy L. Jones, Andrew W. Lind, Janis L. Mack, Jilio A. Negron, William N. Rudd, McDaniel Smith Jr., Shawn P. Hubbard, Charles McInnis, Steven A. Strain, Jean Paul Chausse, Christopher Kay, Kevin R. Rhodes, Peter Sandness, Jeannie Conner, Jack-

son- Mead CatAshleigh, John L. Collin, Adam P. Sivulka, Brian M. Knight, Billee J. Kelder, Danielle Opalka, Michael Beltrani, Robert Tarrant, James Henderson, Eric G. Hoch, Stansilav Masek, Tekka E. Thomas, Bradley Walker, Cheri M. Anderson, Sara M. Coll, Timothy W. Fox, Amee C. Linscott, Meleah L. Moore, Melinda Shorten, Sherry-Ann Douglas Ballard, Christopher Gay, Karl R. Gregor, James Harmetz, Eugene W. Harris, David L. Ozmen and Andrew B. Ellis, Brian C. Payne.

From the 313th Recruiting Squadron, Melis Brinkmann.

From the 360th Recruiting Group, Jeremy A. Harmon.

From the 46th Training Wing, Reuben Martinez.

From the Air Force Research Laboratories, Rome N.Y. Benjamin C. Hardekopf, Daryl D. Hart, Peter Y. Hsieh, Jamila D. Manning and Jason J. Tieg.

From the 6th Space Warning Squadron, Joseph Schwartz and Michael Sisson.

From the Air Force Institute of Technology, Joshua L. Jabs.

From Detachment 365, Thomas Stephenson and Kevin P. Lynch.

The entire list is on the Air Force Personnel Center's home page at www.afpc.randolph.af.mil.

Air Force announces changes to fitness test

by Leigh Anne Redovian
Air Force Surgeon General
Public Affairs

Beginning in July, the Air Force's annual cycle ergometry test will be expanded to include muscular fitness assessments using push-ups and crunches for all Air Force members.

Pass and fail standards will not be decided until January 2002, giving Air Force leadership sufficient opportunity to evaluate the expanded program's effectiveness.

"The Air Force is committed to enhancing the health, well being and performance of every member," said Air Force Chief of Staff Gen. Michael E. Ryan. "Total physical fitness includes cardiovascular capacity, muscular strength and endurance, flexibility and body composition."

Requirements for crunches are the same for men and women depending on their age.

Push-up requirements are different for men and women and are also structured according to age. Changes to the program will not impact unit testing schedules already in place.

According to General Ryan, the changes are vitally important in assessing force enhancement and to ensure compliance with DoD instructions. "Physical fitness remains an essential component of combat readiness and expeditionary competence," General Ryan said. "We will continue to research methods to improve the health and performance of the Force."

All members will be receiving a practice evaluation by June 30, 2001.

The Health and Wellness Center staff on every installation will provide local information and training.

For information on physical fitness requirements, contact the HAWC at 3-6560.

New diets could have hidden dangers

Commentary by Army
Capt. Lori Hennessy
United States Army Physical
Fitness Research Institute

Sugar Busters! Protein Power. The Zone. Dr. Adkins New Diet Revolution. Hordes of Americans are swapping cereal and milk for bacon, eggs, and steak as the latest diet craze sweeps across the country.

High protein, low carbohydrate diets are in and the Food Guide Pyramid and sensible eating is out.

Since 1996, three of these diet books have spent a combined total of 75 weeks on the New York Times best seller list.

These diets all operate on the same basic principle: carbohydrates make you fat while protein helps you lose weight. Finally—what the American public has wanted to hear for years—eat all the beef, chicken, pork, and eggs you want and lose weight.

In fact, the Sugar Busters! web site entices us to "forget about the fight against fat. Break the sugar-starch habit today and enjoy steak, eggs, cheese, even wine, as you get healthy and lose weight." The authors make losing weight sound like fun.

The diets are all slightly different, but most claim that carbohydrates increase insulin levels in the blood which then causes carbohydrate, or sugar calories to be stored as fat. The truth about this statement is that insulin is released into the bloodstream when carbohydrates are consumed. However, carbohydrates are only stored as fat when one eats more calories than what the body requires. The bottom line is that people gain weight when they overeat, regardless of the source

of those calories.

Some people who are fat around the middle do release more insulin when simple sugars (sodas, candy, cakes, cookies, honey) are consumed. The insulin quickly removes the excess sugars from the bloodstream. This does not necessarily result in more fat storage, but it does tend to increase the feeling of hunger again, which can lead to overeating. Therefore, eating carbohydrates does not cause problems with insulin; being overweight and inactive cause insulin problems.

Why do people lose weight on these diets? The meal plans recommended by these diets range from 850 to 2000 calories a day—significantly less than the average American consumes on a daily basis.

Initial weight loss is primarily water loss as the body depletes its carbohydrate stores. Both carbohydrate and protein are stored in the body with lots of water.

Later weight loss occurs as the body begins to "eat" its muscle tissue for energy since daily caloric intake is not enough to preserve muscle mass.

Eventually the body may burn some fat stores, however, body fat may actually increase as a combined result of eating more fat and the body's astute ability to hold on to fat stores as it uses muscle and other major organs for energy.

When too few carbohydrates are consumed, the liver converts body fat and dietary fat into energy. This condition called ketosis, produces ketones, which place extra stress on the liver and kidneys. If ketones are not excreted from the body, they can reach toxic levels.

To reduce the risk of toxicity, diets with only 5 to 25 grams of

carbohydrate per day should not be consumed for more than 14 consecutive days.

Ketosis symptoms can include nausea, weakness, dehydration, fatigue, insomnia and a "fruity" breath. A diminished appetite is the most common side effect. The Atkins, Sugar Busters!, and Protein Power diets, if followed correctly, lead to ketosis. So does the Zone at the lower calorie levels.

Another risk to eating high protein diets is the impact on heart disease. Most people will decrease blood cholesterol levels when losing weight, regardless of the type of diet.

However, these diets can be much higher in fat than one typically consumes. The dangers of high-fat diets have been well documented as increasing the risk for heart attack, stroke, and some cancers.

Another concern is that high protein, low carbohydrate diets are often low in potassium, vitamins A and C, folic acid, carotenoids and fiber—all of which help to prevent certain cancers and heart disease.

So what do you do if you want to lose weight and maximize your nutrition intake? Follow the advice of the USDA's Food Guide Pyramid for portion sizes at <http://www.nal.usda.gov:8001/py/pmap.htm> and exercise regularly.

To lose weight healthfully and maintain high levels of energy throughout the day, eat at least three meals a day and add small snacks if you are hungry.

A good rule of thumb is to eat breakfast like a king, lunch like a prince and dinner like a pauper.

Many Americans consume the majority of their calories at the end of the day and not during the day when food (fuel) is needed.

Saturday

Lowell veterans cookout

The Hanscom enlisted force will be sponsoring a cookout at the Princeton House in Lowell Saturday from 10 a.m. to 2 p.m.

The cookout is for 100 veterans housed at the Princeton House, the Cunningham Home and the Shee Home.

Volunteers are needed to help set up, cook and socialize.

For information, contact Master Sgt. Guy Case at 3-2782, or Staff Sgt. Chris Kanski at 3-4923.

Transportation will be provided from the Enlisted Club at 9 a.m.

Uniform of the day is BDUs for military personnel.

Monday

Base water distribution system annual maintenance

The base water distribution system will be cleansed through fire hydrants Monday through June 16 from 6 a.m. to 4 p.m. each day.

Base and housing residents may notice discoloration and low water pressure and are advised to let their faucets run until water is clear (water discoloration may stain laundry).

Direct questions to the Mains Maintenance supervisor, George Young, at 3-2756.

Housing Office streamlines operation

The Hanscom Housing Office, located in Bldg. 1217, is streamlining their operation in an effort to better serve customers.

As of Monday, the Housing Office will be open for customer service Monday through Friday from 8 a.m. to 1:30 p.m.

A Housing Intro Briefing will be conducted for all newcomers at 2 p.m. on a daily basis, Monday through Friday.

The briefing will cover subjects pertaining to economy housing as well as base housing for families.

Dormitory issues will not be addressed.

Each service member desiring Housing Office assistance will need to attend a Housing Intro Briefing prior to receiving one-on-one services.

After attending a Housing Intro Briefing, customers may now schedule appointments to personally talk with a Housing Management assistant.

Wednesday

Multi-chamber business card exchange

A business card exchange sponsored by numerous local chambers of commerce will be held Wednesday from 5:30 p.m. to 7:30 p.m. in the ballroom of the Officers' Club.

This after-hours social event will offer the opportunity to interact with business leaders throughout the local area.

Among the many chambers participating in the event are Bedford, Concord, Lexington and North Suburban. Hanscom maintains a membership in each of these.

Hanscom employees interested in attending may sign up by calling Theresa Feely, at 3-5191, today.

Cost for Hanscom employee attendance is \$8, and checks should be made payable to the North Suburban Chamber of Commerce.

Upcoming and Weeklies

Retirement ceremony

A retirement ceremony for Lt. Col. Christopher J. Worsowicz, MILSATCOM Systems Integration Division chief, will be held June 9 at 2 p.m. in the MITRE M building atrium in Burlington, Mass.

Colonel Worsowicz will retire after 21 years of service.

The presiding official will be Steven Carlon, MILSATCOM Program Office director.

Call Capt. David Borowsky at 271-5938 by Tuesday if you plan to attend.

Dress for the ceremony will be uniform of the day and business attire.

Voting assistance line established

A voting assistance line has been established at 3-VOTE (8683) to help potential voters get registered.

Anyone who has a question or problem can call the line and leave a message including their name and phone number. A voting counselor will call you back by the next business day.

Massachusetts Special Olympics Summer Games

The Massachusetts Special Olympics Summer Games will be held June 10 and 11 at the Massachusetts Institute of Technology, 77 Mass. Avenue, Cambridge, Mass.

If you are interested in participating, contact your squadron POC, or Master Sgt. Guy Case at 3-2782 by June 1 to ensure that you receive a volunteer application form.

Retirement ceremony

A retirement ceremony for Master Sgt. Thomas Brown will be held June 30 at 11 a.m. in the Enlisted Club ballroom.

Sergeant Brown has served for 22 distinguished years.

Also planned is a golf tournament and luncheon June 29.

If you would like to attend either function, call Master Sgt. Rick Theberge at 186-7904, or Staff Sgt. Leslie Sukup at 186-5097.

Air War College seminar

Registration has begun for the AWC Nonresident Studies Seminar Program.

The AWC Nonresident Studies Seminar Program is an ideal way to complete senior military education.

The program is open to active duty and reserve colonels, lieutenant colonels and lieutenant colonel selects of any component of the United States Armed Forces and civilian employees GS-13 or above.

The seminar will meet for approximately 10.5 months, 2 hours per week, from August 2000 through June 2001.

There will be a seminar orientation July 31 at 1:30 p.m. in Room B of the Hanscom Education Center.

To register for the seminar complete Maxwell AFB Form 53, located on their internet homepage at www.au.af.mil/au/awc/enrolppr.htm.

For information on the seminar, contact

Lois Morin at 3-2100.

Volunteer for Family Services

Are you looking for a rewarding experience that does not require a lot of time?

Would you like to work among adults for a few hours each week, while your preschoolers enjoy a few hours of interaction with others their own age?

Then consider volunteering at Family Services.

At Family Services, you can enjoy meeting and helping many new people and your children can interact with others at a certified on-base Child Care facility, or provider.

For volunteering your time, Family Services will pay for your child care.

For information, call the Family Services Volunteer Coordinator at 3-3436.

Sign Language Volunteers

There are several hearing impaired employees at Hanscom who are in need of interpretive services.

Volunteers who are familiar with sign language are asked to help these employees at meetings, conferences and official functions.

Even a short amount of time can make a significant difference to the hearing impaired on the base. Experience with American Sign Language, signed English and finger spelling would be helpful.

For information, call Laurie Cunningham at 3-4054 or Andrew Hodyke at 3-8473.

Colonial



Theater

Friday 7:30 p.m. -- KEEPING THE FAITH - Best friends since they were kids, Rabbi Jacob and Father Brian are dynamic and popular young men living and working on New York's Upper West Side. When Anna, once their childhood friend, suddenly returns to the city, she reenters their lives and hearts with a vengeance. Sparks fly and an unusual and complicated love triangle ensues. PG-13 (some sexuality and language) 129 min Starring: Ben Stiller, Edward Norton

Saturday 1:30 p.m. -- THE ROAD TO EL DORADO - Two con-men get hold of a map to the lost City of Gold, El Dorado. After stowing away onto one of the ships of the Spanish explorer Cortes, the pair escapes and eventually do find the city. There, a priest proclaims them to be gods in a scheme to win control of the city for himself. Meanwhile, they meet a beautiful girl who helps them in their ruse. PG (mild thematic material and language) 83 min Animated

Saturday 7:30 p.m. -- RULES OF ENGAGEMENT - Two Vietnam veterans are reunited when one asks the other to defend him against court martial for ordering his troops to fire on civilians during a storming of a U.S. Embassy. The two men were separated when the lawyer was injured in Vietnam, forcing him out of the military, despite an intense desire to be a career officer. Now, to help the man who helped him, he is ready to take on the military in court. R (scenes of war violence and language) 128 min Starring: Samuel L. Jackson, Tommy Lee Jones

Admission is \$3 for adults and \$1.50 for children. Schedule is subject to change without notice. Call 3-7940 for movie information.



photo courtesy of movieweb.com

Hanscom School Menu

Monday	Tuesday	Thursday	Friday
Pasta (meat sauce optional), roll, mixed veggies and cookies	French toast sticks, sausage pattie, juice and spiced apple topping	Turkey sub with lettuce and tomato, baked fries, fruit and cookie	Cheese pizza or fish pattie on a roll, veggie sticks, fruit cup and pudding

What's Happening

Fall soccer registration

Registrations are now being accepted at the Youth Center through July 1 for the fall soccer leagues.

Youth aged 5 to 14 are eligible to participate.

Cost is \$25 for Youth Center members and \$37.50 for non-members.

For information, call Scott Craver at 3-3308.

Outdoor Recreation

Planning a party? Outdoor Recreation has tables, chairs, canopies, grills, camping equipment, propane refills and more.

A free, self-study boating exam is also available. Remember, potential boat renters must present a Boater's Safety Certification Card prior to renting boating equipment.

Massachusetts hunting and fishing licenses are also available.

Good news ... UPS services are back at Outdoor Recreation.

Solitaire and origami at the library

Join in on the fun during the month of June.

Lunchtime solitaire Thursdays, from 11 a.m. to 1 p.m.

Learn the art of origami Tuesdays, between 11 a.m. and 1 p.m.

See our display in celebration of Asian American and Pacific Islander Heritage month.

Save with car wash swipe cards

Stop by the Auto Hobby Shop today and purchase a car wash swipe card for great savings.

Call the Auto Hobby Shop at 3-2612 for details.

Sunday Brunch at the Officers' Club

Join us for the next Monthly Sunday Champagne Brunch June 25 from 10:30 a.m. to 1:30 p.m.

Eggs, omelets, carved beef, ham and champagne.

For the children, we have chicken nuggets and a large screen TV.

Cost is \$10.95 for adults, \$5 for children ages 6 to 12 and 5 and under eat free.

Preferred Plus! members, show your card and receive a 10 percent discount.

Buffet and Bingo at the Enlisted Club

Join us at the Patriot Enlisted Club every Wednesday night from 5 to 7 p.m. for a buffet dinner.

Eat early and then join us for Bingo.

First game is at 6:30 p.m.

Pool offers training and swim lessons

The Base Pool will be offering a Water Safety Instructor Course Monday through Friday and a Lifeguard Training Course June 12 to 16. Both programs will be held daily from 10 a.m. to 6 p.m.

Swim lesson registration will take place at the pool June 19 to 23 during normal operating hours.

For information call 3-2455.

Flight center to hold open house Saturday

J.C. Corcoran
Services Marketing

If you've ever been interested in aviation, now is the time to check out what the Hanscom Flight Training Center has to offer.

The HFTC is an Air Force Aero Club that has been providing quality training and aviation services at a reasonable cost for 44 years.

Think you're interested in learning more? Stop by the HFTC Hangar (next to the fire station) Saturday between 9 a.m. and 3 p.m. for the annual open house.

Retired Col. John Roach will be there to discuss his experiences as a member of the 332nd Fighter Group of the Tuskegee Airmen.

The Tuskegee Airmen were the first all-black squadron to fly in World War II.

Come and listen to Mr. Roach's story at 10 a.m. and learn more about these incredible men, their contribution to the fight overseas and their triumph over discrimination in the military.

At 1 p.m., Ronald Williams, an FAA Aviation Safety Inspector with over 22,000 hours in the air, will discuss emergency procedures for flight instructors and students.

"The Hanscom community and all aviation enthusiasts are welcome to stop by our open house and discover the wonders of flight," said Isabelle V. Plante, the Flight Training Center manager.

Scheduled events include introductory flights for \$15 per person, static displays including some historic aircraft and a hot air balloon, door prizes, refreshments, a dunk tank and several other fun surprises.

The Take Control of Your Dreams program offers a \$200 first solo bonus for members who join between May 1 and Sept. 30.

Also, the Air Force, with cooperation from the Cessna Aircraft Company, is sponsoring two \$2,500 flight scholarships for members to use toward flight training.

According to Ms. Plante, "Take Control of Your Dreams" is an opportunity to be rewarded to do what you love. If you've always wanted to fly, don't wait -- just make it happen.

"While much of our activity is flight training, we have still managed to maintain our focus as a membership organization through organized club events such as fly-in breakfasts to Maine or Martha's Vineyard, poker runs and safety seminars. We are very lucky to have such a fantastic



Isabelle V. Plante

staff of instructors, mechanics, and support personnel who truly enjoy sharing their love of aviation with others."

Don't wait, take control of your dreams and start flying.

Stop by the open house Saturday and see what aviation is all about.

For information, call 3-5160.

Summer Bash is back



Memorial Park

June 30

3 to 10 p.m.

Rides, games, food, entertainment, prizes and fireworks.

Hanscom Lanes Juniors' Summer Club

Join the Juniors' Summer Club and bowl now through Aug. 31 for only \$.50 per game.

Open to all ages up to 18 years.

Membership fee is \$10 per child.

For every 30 games bowled, receive one entry form for a chance to win a new bicycle to be given away on Sept. 1 at 11 a.m.

One boy's bike and one girl's bike will be given away.

Help Wanted!

Child and School-Age
Care Givers

\$ 9.43/hr. Benefit Pkg.

Accounting Technician

\$10/hr. Benefit Pkg.

Cooks \$8.70 to \$10.24

E.O.E.

Fax resume to 3-7899

or call NAF HRO at

3-8741



If you're a Preferred Plus! member don't forget to fill out your entry form for the monthly drawing.

May's prize is a TV and VCR combo.

Entry forms are printed in the Services' monthly newsletter Spotlights.

For information, call the Services Marketing office at 3-9681.

Mini golf opens Wednesday

Mini-Golf will open Wednesday.

Hours of operation are noon to 8 p.m. Wednesdays and Saturdays and noon to 6 p.m. Sundays through June 18.

We can meet your birthday party and office party needs.

On Wednesdays, Youth Center members pay half price with membership card and Sunday is Family Day, half price for the whole family.

Rates are \$3 for adults and \$2 for children ages 12 and under.

For information call 3-5316.



Shows

Boston Pops

Sunday

Symphony Hall, 7:30 p.m.

Macbeth

Sunday

Colonial Theatre, 2 p.m.

Natalie Cole

June 22

Lowell Auditorium, 8 p.m.

Trips

Gloucester Casino Cruise

June 23

Taj Mahal Casino and resort

June 21 to 23

Maine Lobster Bake,

June 28

The Tall Ships, July 14

Martha's Vineyard, July 22

West Point, July 26

New York City, Aug. 5 and 6

Amusement Parks

Six Flags, Water Country,

Roger Williams Zoo,

Hershey Park, Sesame Place,

York's Wild Animal Kingdom

and Fun Town

Call 3-3262

Employment

❑ A **resume writing class** will be held at the Family Support Center Wednesday from 11 a.m. to 1 p.m.

This is a basic resume writing course. It covers how to write an eye catching or scannable resume and how to fill out applications.

Bring your lunch.

Call 3-4222 to register.

❑ A **telephone techniques for job search** will be held at the Family Support Center Thursday from 4 to 7 p.m.

Learn how to generate employment leads, develop and deliver telephone scripts, and improve your telephone listening and speaking skills.

Call 3-4222 to register.

Parenting

❑ **Sibling rivalry** will be held at the Family Support Center Tuesday from 11:30 a.m. to 12:30 p.m.

Practical tips for parents on dealing with sibling squabbles, including when parents should get involved and when they should let the children handle the conflict, guidelines parents may give their children for negotiating their differences, the importance of scheduling and spending private time with each child, understanding expectations and other ideas based on parent's identified needs.

Call 3-4222 to register.

Fitness enhancement

❑ **Lunch and Learn** with us at the Health and Wellness Center.

Bring along a sack lunch and learn about subjects you have always wanted to know more about.

Don't have time? Remember that we offer an array of videos, books and cassettes for you to sign out.

You can also check out information on exercise, nutrition, parenting and stress management.

Stop by and check us out.

❑ **Are you sneezing yet?** will be held at the HAWC Wednesday starting at noon.

Allergies and asthma are among America's most common and expensive health problems.

Nearly 50 million Americans suffer from allergies and 15 million have asthma.

Nancy Lee, Nurse Educator, will be available to assist you to better understand allergies and how you can manage them during this critical season.

Call 3-6560 for information.

Work and life

❑ **Partners in care** is held at the base clinic every Tuesday from 10 to 11 a.m. and every Thursday from 5:30 to 6:30 p.m.

Call 3-6560 to register.

❑ **Sponsor training** will be held at the Family Support Center Tuesday from 8 to 9 a.m.

Learn what to expect, what is expected of you, and what base resources you can use to ensure our incoming service personnel and families have a smooth move to Hanscom.

This is a prerequisite for all sponsors.

Call 3-4222 to register.

❑ **Change management** will be held at the

Civil Engineering Conference Room Tuesday from 9 to 10:30 a.m.

Steven Lessin, Lexington psychologist, presents a timely look at how we may effectively manage job and life change.

Dr. Lessin will discuss the meaning of change, how to react to change, techniques for coping with and thriving through change, and how we can ultimately turn change into opportunity and take back control of our own lives.

Attendance is limited to 30.

Call 3-4222 to register.

❑ **College financial aid planning** will be held at the Family Support Center Wednesday from 5:30 to 7 p.m.

Learn how to navigate through the complex college financial aid process.

We'll also teach you how to access free scholarship resources on the web and in our Scholarship Resource Network database.

Bring a bag lunch if you'd like.

Call 3-4222 to register.

Education Center, Bldg. 1728, 3-2021

❑ The Education Office testing policy requires students to arrive on time for scheduled test sessions.

It is the student's responsibility to report on time and our responsibility to ensure the students in the room are not disturbed by interruptions.

Late arrivals will not be allowed to enter the test room. All students taking exams should arrive at least 15 minutes before test time. Doors will close at 8 a.m. for the morning session and again at 12:30 p.m. for the afternoon session.

All exams start at 8 a.m., individuals should arrive by 7:45 a.m.

Western New England College, located on Hanscom, will hold its summer registration for government employees, active duty military and their spouses Monday from 10 a.m. to 5 p.m. in the Education Center, Room G.

Western New England College offers both graduate and undergraduate programs.

Information is available during registration and open house or by calling Jean Corey at 3-2028.

General registration for all students will be held Thursday at the Education Center from 10 a.m. to 5 p.m.

Book buy-back will also be held on these dates.

For information or to schedule exams, call Education Services at 3-3120.

Thrift Shop, 274-8079

❑ The Minuteman Thrift Shop's normal business hours are Thursday, Friday and Saturday 10 a.m. to 2 p.m. for sales.

The Thrift Shop is open Thursday and Friday 10 a.m. to 1 p.m. for consignments.

The Minuteman Thrift Shop is currently accepting spring-weight clothing for consignment. The shop is no longer accepting winter wear.

Recycling bins

❑ The base recycling program contractor will pick up hamper bins or carts Wednesday from 8 a.m. to 5 p.m. Bins must be

consolidated in one location. The building manager must call the recycling office at 3-4272. Leave the building number and location of the carts on the message.

Deadlines are Tuesdays at noon. Messages left after noon Tuesdays will be sent to the contractor for pickup the next week.

Air Force Sergeants Association

❑ The Air Force Sergeants Association is an organization of enlisted people like you fighting for your needs such as tuition assistance, educational funding, dorm privacy, better retirement system, and pay and cola you can live with.

If you are enlisted, this is the one to belong to. At over 150,000 strong, AFSA is the recognized "Voice of the Enlisted" on Capitol Hill.

AFSA Chapter 161 at Hanscom is gearing up for a year full of opportunities, professional growth and camaraderie.

For information call 3-6940 or email Senior Master Sgt. Karl Van Biene at karl.vanbiene@hanscom.af.mil.

Patriot Enlisted Association

❑ The PEA is an open forum for technical sergeants and below to discuss ideas and issues as peers. It fosters teamwork and camaraderie for each other and the Hanscom community so it can make the difference happen. As a body of peers it can put a voice to housing, community involvement, and Quality of Life issues to the ESC command chief master sergeant.

For information contact Staff Sgt. Chris Kanski at 3-4923 or e-mail Chris.Kanski@hanscom.af.mil.

Patriot Senior NCO Association

❑ The association is a professional membership association for senior noncommissioned officers, active duty and retired.

The group actively supports the men and women of Hanscom and the surrounding communities. The Top Three also serves as a base network for problem solving and encourages comradeship.

Meetings are held the last Tuesday of every month at the Enlisted Club.

For information call Master Sgt. Darryl Lindgens, 3-3459.

Company Grade Officers' Council

❑ The Company Grade Officers' Council is made up of all lieutenants and captains in the Air Force. You need not do anything to become a member - you are one by default. How much you participate in this organization is up to you.

The Hanscom CGOC is a place to meet other junior officers outside of the workplace and participate in a dynamic organization.

The CGOC tries to get involved in a wide variety of activities from community service and social gatherings to professional military development. So, if you're interested in any of this, come to one of the meetings.

For information, contact the CGOC Executive Board: 2nd Lt. Jeremy Miller, president, 3-1668; 2nd Lt. Malcolm Mangels, vice president, 3-8384; - 2nd Lt. Sarah Kreps, executive officer 3-6933; 2nd Lt. Liane Witt, assistant executive officer, 3-4704 and 2nd Lt. Kyle Oyama, treasurer, 271-1186 Ext. 8391.

Officers' Wives' Club

❑ The Officers' Wives' Club invites those eligible officers' spouses to become members.

This club hosts a monthly meeting for social and service purposes. In addition, numerous activity groups are offered to members such as bridge, bowling, bunco, mah-jong and book and garden clubs.

Consider a membership in this club and experience the many benefits it has to offer.

For membership information call Paula Butler at 274-9075.

For activities information call Lisa O'Neill at (978) 244-0448.

Enlisted Wives' Club

❑ The Enlisted Wives' Club invites all spouses of active duty and retired enlisted personnel, as well as all enlisted personnel, to attend the monthly membership meeting, the first Monday of every month at 7 p.m. at the Patriot Enlisted Club. The club is a diverse group of people sharing community activities and social events.

For information contact Amanda Andersen, president at 274-0697 or Lois LeFleur, vice president at 274-8110.

Chapel

Bldg. 1603, 3-3538

❑ **Catholic Masses:** Saturdays at 5 p.m., Sundays at 7:30 and 11 a.m. and weekdays at 12:05 p.m.

❑ **Protestant worship:** general Protestant Service — Sundays at 9 a.m.; Gospel Service — Sundays at 12:30 p.m.

❑ **Jewish services:** the first and third Friday of the month from 11:30 a.m. to 12:30 p.m.

❑ **Eastern Orthodox:** for information contact Tech. Sgt. James M. Boubonis at 274-8714.

❑ **For information** on Chapel services, call 3-3538 or 3-3539.

Chapel Events

Gospel Children's Choir Concert

The Hanscom Protestant Chapel invites everyone to attend the Gospel Children's and Youth choir concert June 11 at 6 p.m. at the Chapel.

The Hanscom Gospel Children's choir and several local children's choirs will be featured.

The concert is free and everyone is invited.

For information, contact Chaplain (Capt.) Dennis Saucier at 3-3538.